

Tinny Tomato Soup

This is a quick, one-pot wonder using only foods from the cupboard. You can keep it simple or season with more store cupboard goodies to change the flavour a little each time you make it.

Makes: 4 big portions Time: 15 minutes prep. 30 minutes cooking

INGREDIENTS

2 x 400g tins chopped tomatoes

1 x 400g tin of baked beans

1 x 200-300g tin of carrots

(or 2 carrots, peeled and sliced)

3 pickled onions

1 vegetable stock cube dissolved in
half a pint of boiling water



To jazz up your soup, add some extras from your cupboards!

For example:

- 1/2 teaspoon dried basil or oregano for an Italian flavour
- 1/4 teaspoon ground smoked paprika for warmth
- a few splashes of Worcestershire sauce or lemon juice for zing

Top with toasted seeds or croutons for a little crunch.



5. Remove the pan from the heat and blend the soup until smooth. You can do this in the pan with a stick blender, or transfer the soup to the jug of a blender.

6. Once blended, taste the soup for seasoning. Add a little salt and pepper, if you like, as well as any sauces you want to use. There's already salt in the stock so it may not need any more.



7. Serve and enjoy!

You can keep any leftovers in the fridge for up to 3 days, or freeze portions in tubs for up to 6 months. Don't forget to label and date the tubs :)



Tinny Tomato Soup



1. Put the stock cube in a bowl or jug, pour on the boiling water and stir until dissolved.



2. Open up all your tins and jars. We had small pickled onions so we pulled out enough to look like three bigger ones.



3. Add all the ingredients to a medium saucepan. If you fancy adding some dried herbs or spices, do that now.



4. Bring the soup to a bubbling boil and then turn down until it simmers, where the bubbles are only just breaking the surface. Leave to simmer like this for around 20 minutes.

Recipe info

Typical ingredients cost: £1.30

Typical fuel cost: £0.02 gas / £0.08 electric

This collection of recipes has been created by staff and volunteers at The Roundhouse Community Kitchen in Dundee. We turn unwanted food into tasty meals that support people when they need it. We want to encourage a love of great, home-cooked food, nourishing bodies, saving pennies and sharing skills.

We'd love to see what you've been whipping up in your kitchen. Share photos, tips and questions with us on facebook or Instagram.

We are @roundhousekitchen

Visit our facebook page for photos of all the recipes:

Enjoy your kitchen!

